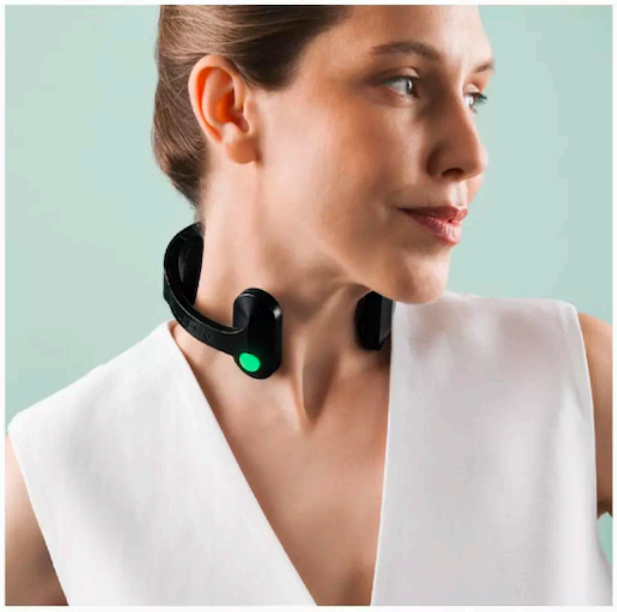
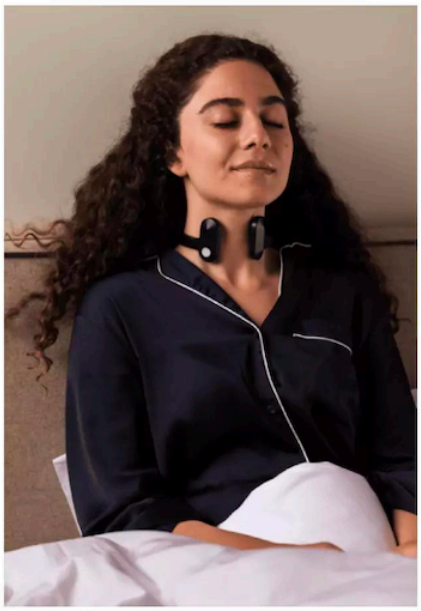


PULSETTO 4 MINUTES TO FIND YOUR CALM

Cortisol — often called the "stress hormone" — plays a key role in energy, sleep, focus, and gut health. But during the festive season, when to-do lists grow longer and routines shift, cortisol can stay elevated for longer. Many women feel this through restless nights, fluctuating moods, or gut discomfort — especially during pre-menopause and menopause, when the body's natural rhythms are already changing.

Pulsetto is a wearable designed to help you bring more balance back to your day. Using gentle, science-backed vagus nerve stimulation, it helps create calm in just **four minutes**, seamlessly fitting into even the busiest routine. In Pulsetto's latest clinical study, participants showed a **50% average reduction in cortisol levels**, alongside self-reported improvements in sleep quality and overall calm.



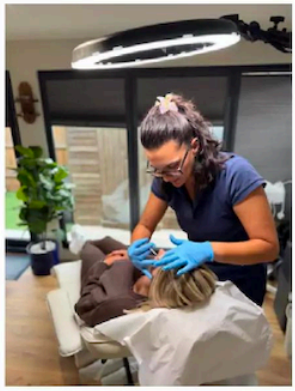
This holiday season, **Pulsetto becomes the gift you give yourself first**. By taking a moment to calm your nervous system, you can show up as the best version of yourself — for everyone else. And with our **buy 1, get the 2nd 50% off** offer, it's also the perfect way to share the **gift of calm** with someone you love.

Use code **WHM** to get your discount
Visit pulsetto.tech/pages/WomenHealthMagazine - **or simply scan the QR code.**

FITNESS EDIT

IN SAFE HANDS: NURSE-LED AESTHETICS AT LUMINATE





If you're looking for an aesthetics clinic that combines expertise with genuine care, Luminate Aesthetics in Warfield, Berkshire, stands out. This nurse-led clinic is owned by Chess, an experienced Independent Nurse Prescriber with over 10 years in nursing. A facial rebalancing specialist and finalist for Aesthetic Nurse of the Year 2025 - a testament to her skill and dedication. Also nominated for 'Best Aesthetics 2025' from 'England's Business Awards'. What impressed us most was the emphasis on safety and natural results. Each treatment begins with a detailed full-face assessment, focusing on subtle rebalancing rather than drastic change. The atmosphere is welcoming, professional, and inclusive - supporting every patient's journey to confidence.

Scan the QR code to head to the website. Discount code: WHEALTH10

RIO EDITION

Rio Edition Skincare is bringing the elegance of Brazil to Covent Garden, London, blending authentic techniques with modern aesthetics through facials, traditional Brazilian lymphatic drainage, and spray tanning. While the new era of lymphatic drainage and body sculpting has recently gained traction in London, these practices have been cherished in Brazil since the 1980s. At Rio Edition, expert therapists welcome you with warmth and deliver visible results that leave you glowing, sculpted, and refreshed. Make us the perfect destination for your next treatment — or a thoughtful gift.

Located at 65 Endell street, WC2H 9AJ London

